

IN THE SPOTLIGHT:



The Active Living Committee Encourages Local Citizens to Speak Out on Healthy Living!

By ANNETTE ZAHAROFF, MD, Active Living Council Chair

The Mayor's Fitness Council held its first ever town hall-style meeting titled Speak Out For Healthy Living on June 17. The event was open to the public and was held during Free Tuesday hours at the Witte Museum. The event attracted over 70 participants throughout the two hours of activities.

Planned by members of the Active Living Council and Nutrition Committee the event goals were to help the public understand all that is under the umbrella of active living, engage the general public and stakeholders and obtain input on improving opportunities for active living and share community resources about active living.

The evening included presentations about creative solutions being used in other communities to engage people in healthy eating habits and physical activity, initiatives already being implemented in our own community, small group Speak Out sessions to capture what healthy living and eating means to people in San Antonio, and an empowerment session where participants were encouraged to take actionable steps such as writing to their City Council representative and County Commissioner to communicate what citizens want to see happen to encourage better health in our community. The event was presented with support from the Mayor's Fitness Council, the Witte Museum and with the time and dedication of enthusiastic volunteers and interns committed to active living and smarter nutrition in our community.

The plan is for Speak Out For Healthy Living events to be offered quarterly in different geographic locations throughout San Antonio.



The Next Town Hall Meeting will be announced next month so stay tuned for details. Your participation matters!



HEY KIDS JOIN US FOR THE **HEBUDDY** KIDS in the KITCHEN SUMMER SERIES

Learn basic cooking skills and how to prepare healthier treats and meals in the kitchen! Kids ages 4-8 can sign up for the whole series or individual classes.

June 9th thru August 9th

Powered by **H-E-B**

FOR MORE INFORMATION PLEASE VISIT HEB.COM/NUTRITION

Food, Friends and Fun!

For a meal site near you
Call 211 or visit Summerfood.org
Text: FOODTX to 877-877

Visit FitCitySA.com for a listing of local programs!

SUMMER MEALS FOR KIDS!
Find a site, eat right and have fun!
Summer Nutrition Program meals for children 18 and younger are paid for by USDA and program sponsors.
Kids do **not** need to register, show proof of age or proof of income.

Get the Word Out!
www.Summerfood.org

MFC ENDORSEMENTS CENTER:

FOR A COMPLETE LISTING, VISIT FITCITYSA.COM

- SAT, 7/12 | Get Gusto!**
Carrera Races
- SAT, 8/2 | 2014 Run/Ride Expo**
Voices for Children San Antonio
- SAT, 9/13 | San Antonio Walk for PKD 5k/1k Walk/Run**
San Antonio Chapter PKD
- SAT, 9/27 | 6th Annual Weston Lighting the Way 5/10k Run/Walk**
San Antonio Lighthouse for the Blind
- SAT, 9/27 | 4th Annual Family Fest & Walk for Kidney**
State of Texas Kidney Foundation
- Ongoing:**
Fit Family Challenge (May-Aug/2014)
Fitness in the Stadium (Apr 7-Sep 29/2014)
Footloose Karma Yoga (Apr-Jun/2014)

Do you have an event you want endorsed?
Events and programs have to meet certain criteria and an application is required at least 4-6 weeks in advance for the MFC Executive Committee to review. Visit FitCitySA.com, select "About Us" tab for details.



Healthy?

Packaged snacks such as "Lunchables" tend to be high in sodium, saturated fat, sugar, and preservatives. So take the extra time and go "more natural," packing a healthier meal to go!

DID YOU KNOW?

The MPO's Bicycle Travel Patterns Study showed that about 325,000 people – almost one in five Bexar County residents! – ride a bike at least monthly.

